WORKSHOP

FAR AWAY PLACES

Preparing for Overseas Moves

RELOCATION ASSISTANCE PROGRAM

Moving Made Easy

Welcome

- Introductions
- Nature
- Expectations
- Agenda
- Timing

Objectives

- Understand culture shock
- Understand the **Intercultural Adjustment Cycle** and gain insight into cultural differences
- Learn some adaptation skills
- Learn tips for planning an international move
- Understand benefits and allowances for overseas moves

Adaptation

- International assignments
  - Fact of life in the military
  - All ranks and all services
  - No personal adaptation screening except for medical

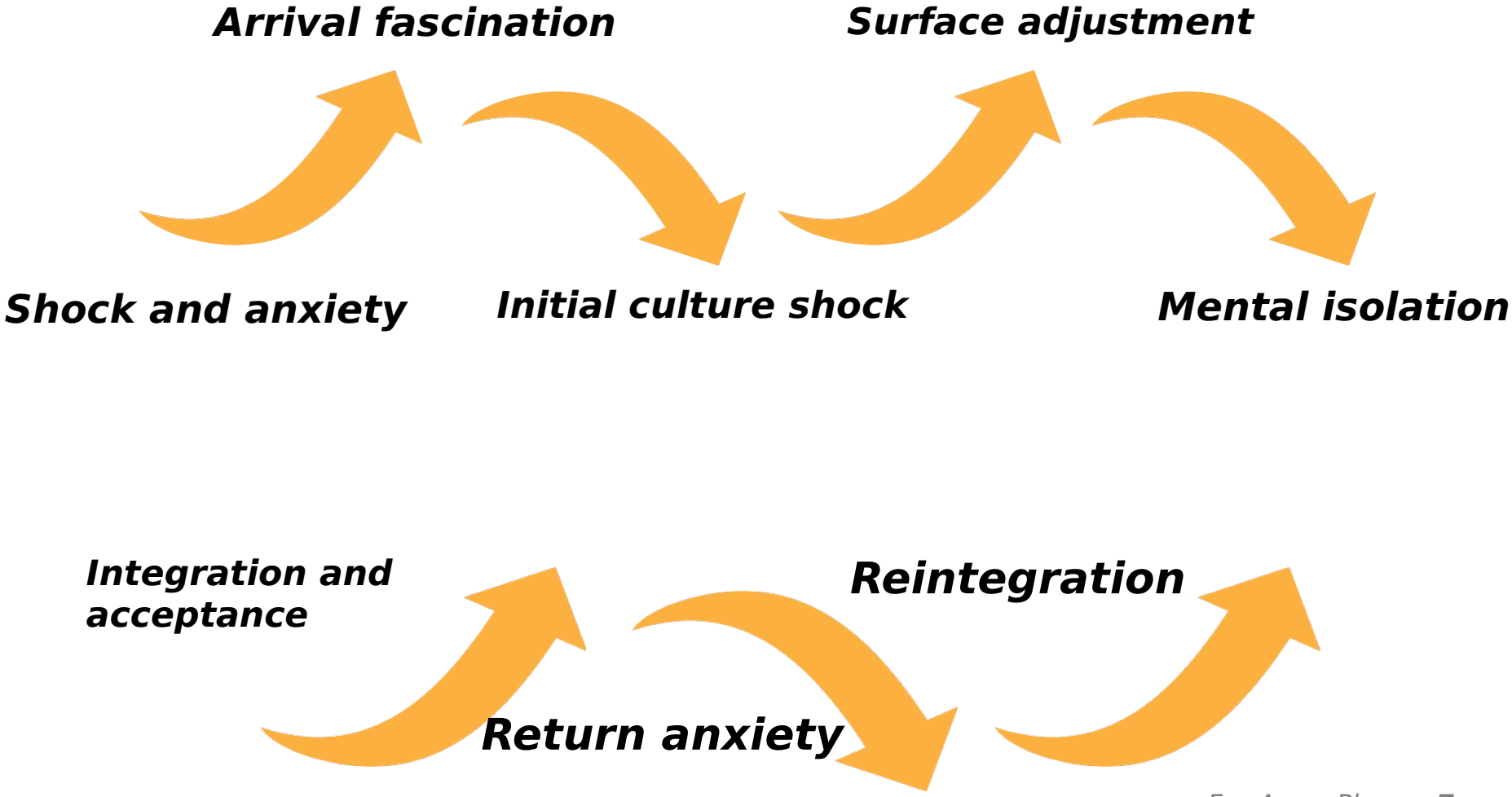
Stress

- Always present
- Can be positive or negative
- Different family members react in different ways
- Similar to grieving process

Culture Shock

- Everyone experiences it
- Customs
- Language
- Phases

Intercultural Adjustment Cycle



Cultural Assumptions and Values

- Personal beliefs impact interpersonal relationships
- Our beliefs impact our view of the world
- Values are inbred and not easily changed
- Review Rhinesmith’s work

Basic Rules for Surviving a Foreign Culture – Without Offending

- Try to speak the language
- Speak your own language correctly
- Know about your own country and culture
- Eat the native foods
- Polite table talk
- Clothes are important
- Learn to say names correctly
- Timing is everything

Library

Library
Publications
The World Factbook
World Leaders
CIA Maps
Historical Collection Publications
Additional Publications
Center for the Study of Intelligence
Freedom of Information Act Electronic Reading Room
Kent Center Occasional Papers
Intelligence Literature: Suggested Reading List

Home » Library » Publications » The World Factbook

THE WORLD FACTBOOK

Please select a country to view

ABOUT | REFERENCES | APPENDICES | FAQs | CONTACT

VIEW TEXT/LOW BANDWIDTH VERSION
DOWNLOAD PUBLICATION

WELCOME TO THE WORLD FACTBOOK

RSS

The World Factbook provides information on the history, people, government, economy, geography, communications, transportation, military, and transnational issues for 267 world entities. Our Reference tab includes: maps of the major world regions, as well as Flags of the World, a Physical Map of the World, a Political Map of the World, a World Oceans map, and a Standard Time Zones of the World map.

SELECT A REGION OR CONTINENT

Travel Documents

Passports (U.S. Citizens)

- Get or Renew Passport
- Passport Forms
- Check Status of Your Application Online
- Lost or Stolen Passport
- More...

Visas (U.S. Citizens)

- Visas for Entry Into Foreign Countries

Visas (Foreign Citizens)

- Visa Policy and Procedure
- Business Visas
- Visa Bulletins
- Visa Waiver Program

More Travel Information

Resources

Foreign Per Diem Rates

- Travel Per Diem Allowances for Foreign Areas
- More...

Preparing for a Trip Abroad

- Sign Up for Email Travel Warnings
- Read Current Travel Warnings
- Sign up for the Smart Traveler Enrollment Program
- Students Abroad Website
- Travel Tips for Everyone
- Travel Tips for Older Americans
- Beware of Scams
- Currency Exchange Rates
- A-Z List of Countries
- More...

Emergency Information

For Americans Abroad

- Crisis Situations
- Financial Assistance
- Lost or Stolen Passports
- Medical Emergencies
- Victims of Crime
- More...

For Families in the U.S.

- Hotline for American Travelers: 1-888-407-4747
- Injury or Death of an American Abroad
- Sending Money to U.S. Citizens Abroad
- Welfare and Whereabouts Inquiries

For Child Abduction Cases

NEED MORE
TRAVEL RESOURCES?

- VISIT TRAVEL.STATE.GOV

Relocation of the Office of Authentications

The Department of State's Office of Authentications relocated operations to a new facility at 600 19th Street, NW, Washington, DC. Conveniently located four blocks from Farragut West Metro (Orange and Blue lines), the new facility will have a much larger lobby and seven service windows (three more than the current facility) to assist customers. Full Text» More»

- From the Under Secretary
- Bureau of African Affairs
- Bureau of East Asian and Pacific Affairs
- Bureau of European and Eurasian Affairs
- Bureau of Near Eastern Affairs
- Bureau of South and Central Asian Affairs
- Western Hemisphere Affairs
- Bureau of International Organization Affairs

Under Secretary for Political Affairs

The Under Secretary for Political Affairs Wendy Sherman is the Department's fourth-ranking official. The Under Secretary serves as the day-to-day manager of overall regional and bilateral policy issues, and oversees the bureaus for Africa, East Asia and the Pacific, Europe and Eurasia, the Near East, South and Central Asia, the Western Hemisphere, and International Organizations.

The Assistant Secretaries of the geographic bureaus and offices advise the Under Secretary and guide the operation of the U.S. diplomatic missions within their regional jurisdiction. They are assisted by Deputy Assistant Secretaries, office directors, post management officers, and country desk officers. These officials work closely with U.S. embassies and consulates overseas and with foreign embassies in Washington, DC.

The Bureau of International Organization Affairs (IO) develops and implements the policies of the U.S. Government within the United Nations and its affiliated agencies, as well as within certain other international organizations. The IO Bureau engages in what is known as multilateral diplomacy to promote and defend the many overlapping interests of the American people. The IO Bureau also promotes effective and efficient management within international organizations.

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VIDEO CONTACT MOBILE SUBSCRIBE

Highlights

Nuclear Deal With Iran
Dec. 4: Under Secretary Sherman is interviewed by Gwen Ifill on PBS NewsHour about the nuclear deal with Iran. More»

Country Profiles

Select a Country or Other Area

A-Z List of Country and Other Area Pages

A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z

See Also:

- Independent States in the World
- Dependencies and Areas of Special Sovereignty
- State Department Country Background Notes

A

- Afghanistan
- Albania
- Algeria
- Andorra
- Angola
- Antigua and Barbuda
- Argentina
- Armenia
- Aruba
- Australia

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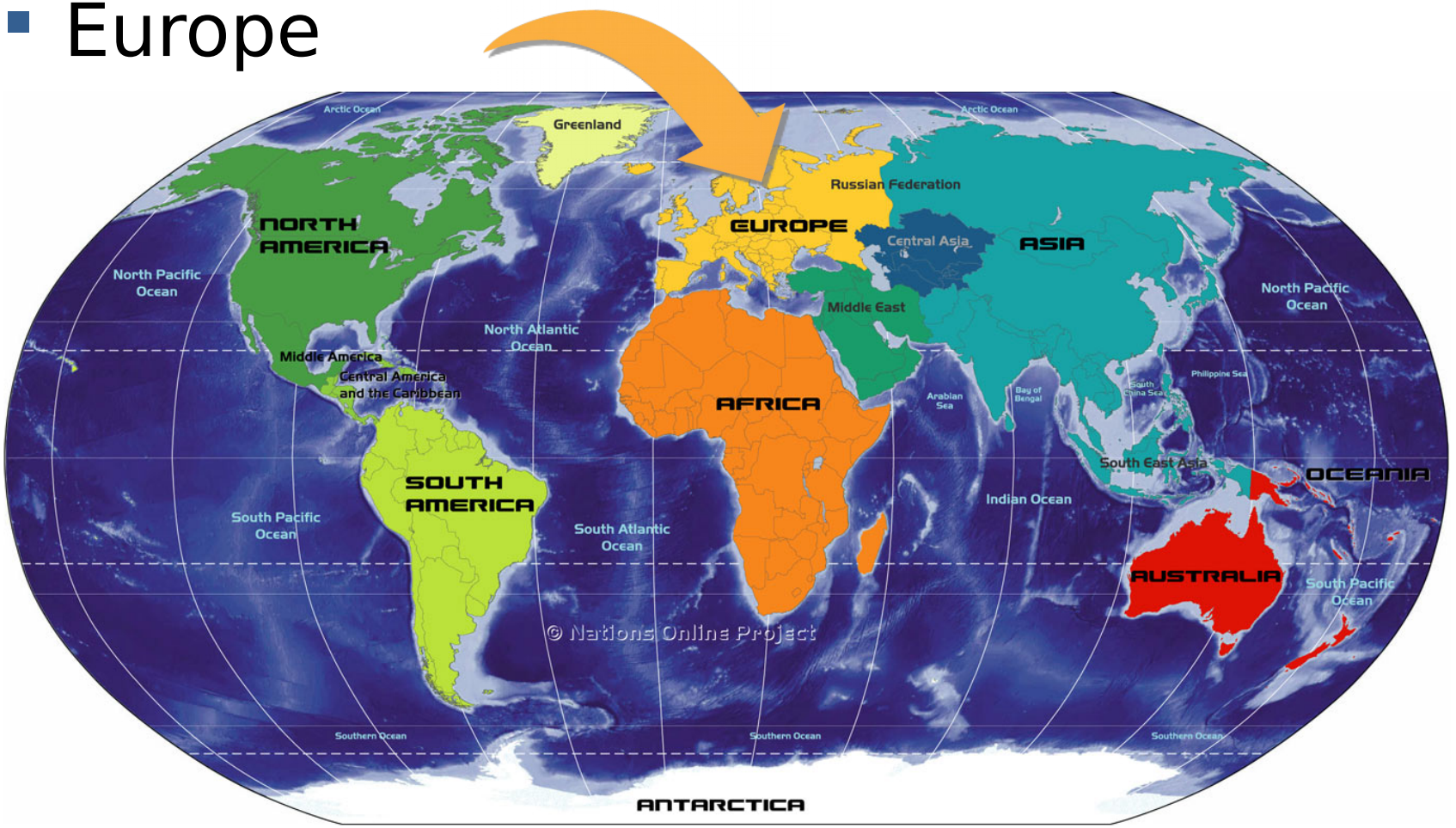
VIDEO CONTACT MOBILE SUBSCRIBE

Country Profiles

Select a Country or Other Area

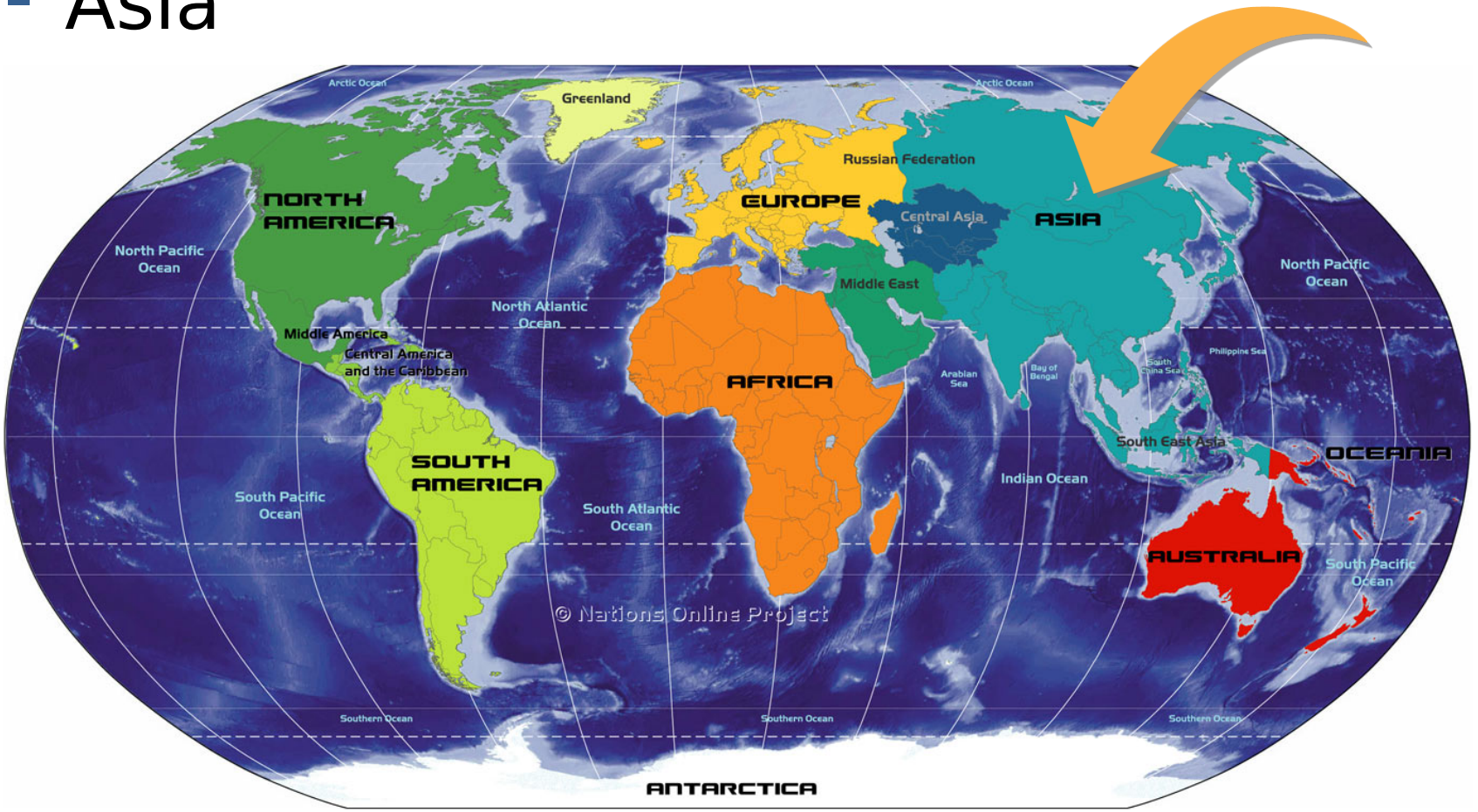
General Rules for Adapting

- Europe



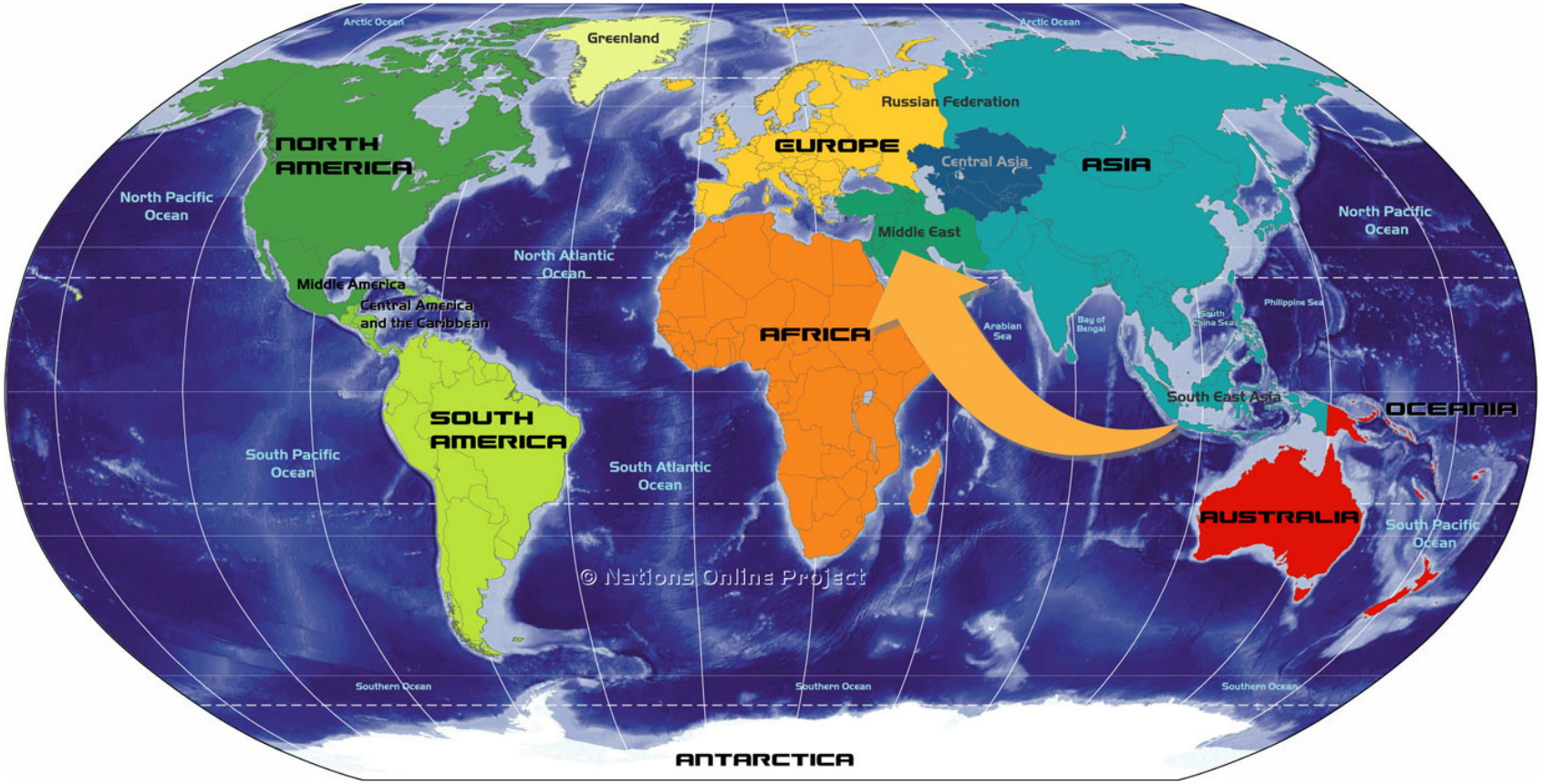
General Rules for Adapting *continued*

- Asia



General Rules for Adapting
continued

- Middle East



Planning an Overseas Move

- Acknowledge feelings and be proactive
  - Tips for preparing children
  - Tips for preparing other family members
- Passports and visas
- Overseas clearance
- Planning travel

Planning an Overseas Move
continued

- Schedule chores
- Checklists
  - Documents to Hand-Carry
  - Pre-Departure Checklist
  - Arrival Checklist

Military OneSource

Support

PLAN MY MOVE

Military OneSource 24/7 family assistance 1-800-342-9647

Take charge of your PCS move. Plan My Move provides you with access to information about your entitlements and benefits, to points of contact, checklists, planning tools, and information on education and employment. Plan My Move will put you and your family in charge of a smooth relocation to your new duty assignment. Fill in the following information about your move, click "Get Moving" and we will get started. *If your new assignment cannot be found, select a nearby installation.*

Plan My Move gives you the option of storing the entries below plus it allows for creating a custom plan and calendar designed just for you and your family. Begin customization by creating an account. With a custom plan, you don't have to reenter your information each time you return. You just sign-in and get to work!

Where are you currently stationed?

Enter Installation Name or Location above or click here for the installation lookup screen.

Where are you being reassigned?

Enter Installation Name or Location above or click here for the installation lookup screen.

When do you plan to depart?

DD-MON-YYYY (e.g. 01-JAN-2000)

Is this your first move?
(Designed for service and family members moving from advanced training.) YES NO

Do you have a family member with special needs? YES NO

Get Moving

Sign In to Customize Your Move.

Email Address

Password

Sign In »

Forgot Password?

New User? Sign Up now >>

Read this important information first »

[Select a Topic]

Departure: 16-JUL-2010 Calendar: CONUS - OCONUS

Travel Checklist | Arrival Checklist | Documents to Hand-carry | Important Telephone Numbers | Print Your To Do List | Print Calendar

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22 Tell Family About Move -- Discuss With All TIP Contact Relocation Manager TIP	23 Plan Relocation Budget TIP Research New Location TIP	24
25	26 Contact the Origin Transportation Office TIP Apply for Passports and Visas TIP	27 Contact Destination Housing Office	28 Planning Day/Hold Family Meeting -- Find Single and Family Checklists	29 Inventory Personal Property TIP Determine Items for Unaccompanied Baggage and Permanent Storage TIP	30 Research Schools TIP Evaluate Government Housing Options TIP	01

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	01
02	03 Research Travel	04 Notify Housing	05 Planning	06 Renters Begin	07 Track Moving	08

Internet 100%

Military INSTALLATIONS

Your official DoD source for installation and state resources available to active duty, guard and reserve service and family members.

Installations • View articles, photos, major unit listings and contacts for programs and services worldwide. If you can't find an international location, try visiting the Department of State country information.

States • View articles and local, state and national resource directories

Get started!

Looking for particular installation or state?

Enter an installation [View a directory of installations]

GO »

Or, enter a state

GO »

Looking for specific program or service?

Select a program or service

ALL

Then, enter an installation [View a directory of installations]

Or, enter your postal code

Within 10 miles

GO »

Are you a service provider looking for a program or service across all installations? Simply select the program or service and then choose any installation or enter any zip code. A downloadable directory for all installations will be available on the results page

Moving to a new assignment?

Take control of your move. Use our customizable calendar tool to create a unique personal moving plan. The calendar contains to do lists, checklists, phone lists, and links to critical moving information from budget planners to choosing a school.

To begin, select your departure date, departure and destination locations and get moving now!

Plan My Move

Are you a sponsor?

Have you been assigned official sponsorship duties? Log on to the CAC enabled eSponsorship Application Training (eSAT) to get started »

Don't have a CAC card, but are interested in learning about how to become a sponsor? Learn more about the process »

The Last Move: Tips for Making Your Final Your Best Move

Understanding Personally Procured Moves

Your Relocation Assistance Program and Services

Your Relocation Assistance Program – A Benefit for Families on the Move

OCONUS Moves

Business Travel and Managing Stress

Celebrating the Holidays at an Overseas Duty Station

Going Overseas? What You Need to Know Before You Go

Helping Your Teenager Drive Overseas

Moving Overseas: Your Belongings

Using Credit Cards Overseas

Finance & Budgeting

Avoiding Rental and Moving Scams

Calculators

Home Buying

Moving Allowances for Department of Defense Employees

Planning Your Relocation Budget

Renting Versus Buying When You PCS

Deployment or PCS

Tips for Saying Goodbye and Staying in Touch

Popular Links

Air Force Aid Society

Air Force Housing

Air Force Reserve Command Airmen and Family Readiness

Army Emergency Relief

Army OneSource

Army Reserves

Bureau of Public Affairs

DEERS

Defense Finance and Accounting Service (DFAS)

Defense Travel Management Office

Defense Travel System

Department of Defense Education Activity (DoDEA)

Department of Education

Electronic Sponsorship Application and Training (eSAT training)

Homeowners Assistance Program (HAP)

Internal Revenue Service

Marine Forces Reserve

Military K-12 Partners

Overseas Benefits and Allowances

- Dislocation living allowance or DLA
- Move-in housing allowance or MIHA
- Per diem
- Household hoods
- Overseas housing allowance and advance OHA

Overseas Benefits and Allowances *continued*

- Temporary lodging allowance or TLA
- Temporary living expense or TLE
- Cost of living allowance or COLA
- Emergency leave

Dislocation Allowance

- Designed to partially reimburse a service member for expenses incurred when relocating
- Based on pay grade and dependency status
- Does not require repayment
- Eligibility requirements apply

Move-in Housing Allowance

- Covers occupancy-related expenses
- Must be eligible for overseas housing allowance
- Paid in a lump sum
- Designed to cover expenses for security, rent-related taxes or fees and expenses such as major appliances and improvements

Per Diem

- Flat rate for each day of travel
- May be drawn up to 10 days in advance
- Dependents receive a percentage of service member’s amount
- Rates vary depending on overseas destination

Household Goods

- Weight allowance
- Personally owned vehicle or POV
- Professional books papers and equipment or PBP&E
- Unaccompanied air baggage or UAB
- Protecting your household goods
  - Insurance
  - Claims

Professional Books, Papers and Equipment

- Do not figure into allowed household weight
- Spouse also has small allowance for their job-related books and equipment
- Includes books, materials, equipment and specialized clothing essential to performing official duties

Unaccompanied Air Baggage

- Assemble an express shipment
- Designed to sustain families through the first 60 days
- May include personal clothing, linens, kitchen basics, toys, baby essentials, professional books and materials
- Loan Locker available through military and family support center in some locations

Overseas Housing Allowance

- Replaces basic allowance for housing overseas
- Is not available at all locations
- You must apply

Temporary Lodging Allowance

- Offsets cost of temporary lodging and meals when arriving or departing OCONUS
- Amount depends on per diem rate, family size and other variables
- May be paid in advance, but keep receipts
- Be aware that relief society loans and grants are not available when receiving TLA

Temporary Lodging Expense

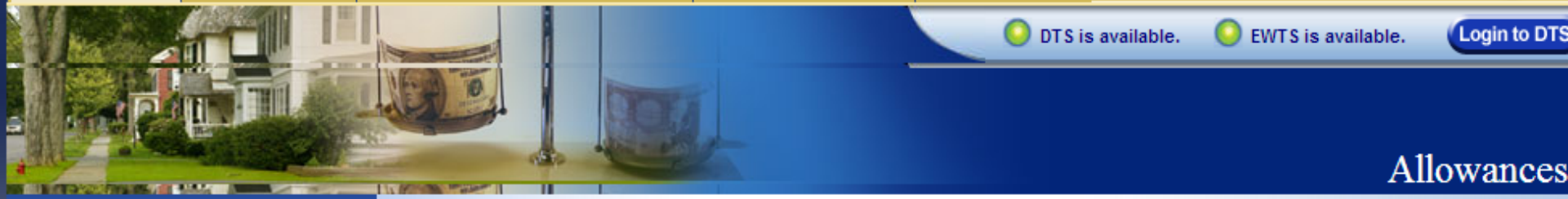
- Up to $290 per day to offset cost of food and lodging
- Available for a maximum of 10 days at either your old or new duty station in CONUS
- Available for a maximum of five days if transfer is to an OCONUS duty station
- Reimbursement only

Cost of Living Allowance

- Designed to help service members maintain same standard of living when living in high-cost areas
- Depends on location, cost of living, exchange rates, pay grade and number of family members

Emergency Leave Travel

- Commercial vs. government
- International
- Limited within United States



Allowances

Basic Allowance for Housing (BAH)
CONUS COLA
Currency
Other Rates and Allowances
Overseas Cost of Living Allowances (COLA)
Overseas Housing Allowance (OHA)
Per Diem Rates
Station Allowance Changes

Programs & Services > Allowances

Allowances

DTMO performs analysis and prescribes rates for Overseas Cost of Living Allowance (COLA), CONUS COLA, Basic Allowance for Housing, Overseas Housing Allowance and Per Diem for overseas non-foreign areas. In addition, DTMO provides administrative and technical support to the Per Diem Travel and Transportation Allowance Committee (PDTATAC) in the areas of uniform travel, transportation, and other allowance regulations. Click the links below for more information.

- Basic Allowance for Housing (BAH) - Provides uniformed Service members equitable housing compensation based on housing costs in local civilian housing markets within the Continental United States (CONUS) when government quarters are not provided.
- CONUS Cost of Living Allowance (COLA) - Compensates for a portion of excess non-housing costs incurred by uniformed Service members in CONUS locations, where non-housing costs are at least 8 percent above the CONUS average.
- Overseas COLA - A supplemental allowance to offset the higher prices of non-housing goods and services overseas. It is designed to allow Service members overseas to purchase the same level of goods and services as if they were stationed in CONUS.

Quick Links and Resources

- Allowances Tables
- Allowance Calculators/Tools
  - BAH
  - CONUS COLA
  - OHA
  - Overseas COLA
  - Per Diem
- Allowance Fact Sheets
  - BAH Fact Sheet

Employment Options

- Status of Forces Agreements or SOFA
- Volunteering
- Education

Summary and Wrap up

- Review expectations
- Follow up – due outs
- Review resources
  - Websites
  - Handouts
- Evaluations

RELOCATION ASSISTANCE PROGRAM

Moving Made Easy

Created for you by the Department of Defense
Relocation Assistance Program

Providing policy, tools, and resources to further enhance the quality of life of service members and their families.